

P.S.H.E

Spring 1 Year 1

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, understanding relationships and preparing them to make the most of life and work.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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Healthy Lifestyles

Keeping ourselves clean and healthy

To understand what keeping healthy means; different ways to keep healthy.

To know simple hygiene routines that can stop germs from spreading.

To know the people who help us to stay physically healthy.

British Value:

Rights and Responsibility

Key Vocabulary

healthy	exercise	hygiene
dentist	germs	diet

A healthy lifestyle looks like: